

BOOKING AVAILABLE NOW

COSTA RICA QUEER TRIP

Dates:

6th April - 17th April 2026 (12 days)

Price

£1,749 (Secure your spot with just a **£49 deposit** - Payment plans available)

Operator

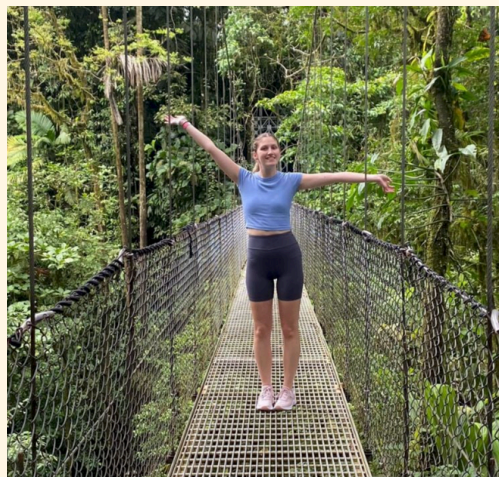
The trip will be run by @gap360official, the UK's leading independent specialist travel company for 18-30s.





Trip Highlights

- Visit an ethical sloth sanctuary to see these beautiful creatures in their natural habitat
- Take a night safari through the Monteverde Cloud Forest and stay in jungle lodges
- Explore the waterfalls and hot springs hidden inside La Fortuna
- Go surfing in Santa Teresa and enjoy a lazy beach day
- Hike inside the Manuel Antonio National Park, exploring its rainforests and sandy stretches
- Travel with other LGBTQ+ Backpacker community members!



What is Included in the price

- 11 nights of accommodation
- 11 breakfasts, 2 lunches and 4 dinners
- All in-trip transportation
- Trip leader
- Airport transfer upon arrival
- Welcome dinner
- Visit Poás National Park
- Ethical sloth sanctuary
- Coffee and chocolate farm visit
- Cooking class led by local family
- Thermal springs visit in La Fortuna
- Stay inside the Monteverde Cloud Forest
- Night safari in Cloud Forest
- Hands-on Cloud Forest activity
- Kayaking and ocean clean in Paquera
- Manuel Antonio National Park entrance
- Farewell dinner
- 24-hour emergency support



WHATS NOT INCLUDED: INTERNATIONAL FLIGHTS, TRAVEL INSURANCE, VISAS (IF NEEDED), SOME MEALS, SNACKS AND DRINKS, OPTIONAL ACTIVITIES, RETURN AIRPORT TRANSFERS

Coming Solo?

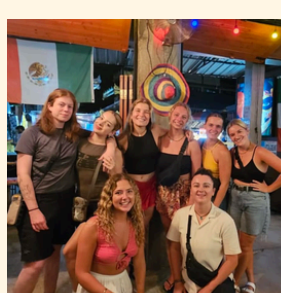
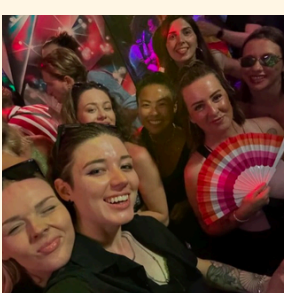
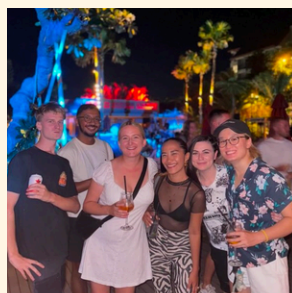
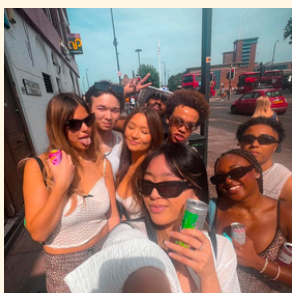
Awesome! All Gap 360 trips are designed for travellers to meet and make new travel friends. A dedicated group leader will accompany you throughout the entire trip, ensuring everyone is mixing and having a fun time. Plus, Gap 360 will create a WhatsApp group a month before the trip so you can break the ice before you even arrive! On both our trips to Thailand and the Philippines, several travellers ended up getting matching tattoos - which really shows just how close you can expect to become by the end of the trip!



Tattoo time on the Thailand Trip!

Who is the trip open to?

LGBTQ+ Backpackers aged 18-35. Our insta gives a good glimpse into the kind of lovely people you can expect to be travelling with! (@lgbtq_backpackers)



Reviews

As all our trips are operated by trusted partners, we don't collect direct reviews ourselves, and this is our first ever queer costa rica trip! However, below you'll find reviews from travellers who joined the queer Thailand & Philippines trip operated by Gap 360!

MJ ★★★★★

I had an incredible time on the LGBTQ Backpackers Thailand trip. Everything was very well organized and planned, and I loved the group activities we did as well as the freedom to go off and explore a bit on my own, which I had a great time doing. I loved the hill trek and the night in the jungle village as well. I do wish we could have spent more time in Bangkok and Chiang Mai, though- it would have been nice to get to explore the city and learn about the culture. As a vegan, I was amazed at how well gap360 accommodated my dietary needs for all of the included meals. I never found myself in a situation where I felt like there wasn't anything I could eat; and often, a separate vegan meal was prepared for me without even having to ask! Our tour guide Mr Patrick was an absolute delight. He did an amazing job and made the trip so fun. He helped us so much on the trip and it wouldn't have been the same without him!



W8468CWsamantha

★★★★★ Reviewed 2 May 2025

Perfect trip

An amazing experience with such a wonderful group. I joined the LGBTQ+ backpackers group and had Sheena as our tour guide. Sheena was just a joy to be around. She made us all feel safe and welcome in the beautiful Philippines. Sheena has amazing knowledge regarding the areas we travelled to and made every minute very special. I recommend this trip so much and want to send all my thanks to Sheena for such a special and memorable trip.

Date of experience: April 2025



Aisling H ★★★★★

I was very nervous leading up to the queer trip to Thailand but once I got there, I felt so at ease. Travelling around Thailand with a beautiful bunch of people was an unforgettable experience. I have made some lifelong friends and will always be grateful for this trip. Mr. Patrick was amazing. He knew everyone's names from the start and joined in on our fun when he was able to. His communication was excellent, we always knew what the plan was and timings etc, he was always there with the anti-sickness tablets too. Mr. Patrick was the perfect person to show a bunch of queers around Thailand. Would do it all again in a heartbeat.

Daisy ★★★★★

Solo travel is always an exciting yet intimidating prospect and sometimes, as someone who is a part of the LGBTQ community, it can feel more intimidating than exciting. That's why I was so excited to be able to go on a fully queer trip and I have never been so glad that I did. What a fantastic, vibrant and beautiful group of people I got to spend time with, all while discovering a new country. We really got to see the wide variety that Thailand has to offer: from beautiful beaches, expansive jungle and bustling cities. Throughout the trip, the organised experiences gave us the chance to become extremely close as a group and there really was something for everyone. There was also the chance for additional activities such as rock climbing. It is impossible to leave a review for this trip and not mention the incredible Mr Patrick. It's safe to say that we would have been lost without him and that he made this trip the best it could possibly be for all of us. Mr Patrick led us all through the experience with jokes, hugs and anti-sea sickness medications and we never were unsure about our next move. I cannot recommend him more highly as a guide and fully express what a wonderful person he is. Everyone in their life needs a Mr Patrick ❤️ thank you for making such an inclusive and safe trip possible for all of us.

Samantha ★★★★★

What a life changing experience. I had the absolute pleasure joining the LGBTQ+ backpackers trip and had the most heartwarming experience. This was my first time traveling solo which going with Gap360 allowed the comfort of traveling with a group alongside gaining the feel of backpacking. We saw the most beautiful locations with a mix between chilled beach time, adrenaline pumping activities and learning a lot about the culture! Highlights were definitely the elephant sanctuary and the hill village stay. I have came out of this trip with so many beautiful new friends and memories that I will cherish forever. I was very worried about going to Thailand with a peanut allergy but the tour provided safe meals and our amazing tour guide helped every step of the way with communicating and pointing me in the right direction of safe alternatives. We had the absolute delight of Mr Patrick's company on our tour. Patrick was the perfect tour guide for our LGBTQ+ tour. He has a strong knowledge of cultural history and had many suggestions for places/activities for us to do in each location during free time which were always welcomed. Mr Patrick deserves a full five stars. He is such an inspiration and joy to have met! For a diverse group who struggle to sometimes feel safe in different locations, Mr Patrick made us all feel safe every step of the way. Thank you Mr Patrick ❤️



ellie m
★★★★★ Reviewed 2 May 2025

INCREDIBLE

We've all had the most incredible 2 weeks in the Philippines!! Jam packed trip seeing so many cool things, making so many friends and most importantly - our queen SHEENA!!!!!! She MADE the trip, so much fun!!! We won with our tour guide ❤️

Date of experience: April 2025



Jen ★★★★★

Wow - what an incredible experience! I haven't got a single bad word to say about this tour and our wonderful, caring and fun guide Patrick! From day one he helped bring our group together ready to see his country not with strangers, but with new friends. This activity packed tour was so well organised: I always felt safe, knew what our plan was and could easily ask for suggestions for our free time. Patrick put so much work into making our time together memorable and worry free, it really wouldn't have been anywhere near as good without him and I am so grateful for him! I couldn't recommend doing a Gap360 tour as part of the LGBTQ+ backpackers group enough! It was so special and I now have a group of queer people from all around the world that I can call family - I will definitely be doing it again!



Maddy R

★★★★★ Reviewed 2 May 2025

Someone give Sheena a raise!

A wonderful jam packed trip with enough time to relax in between :) Sheena was more than incredible, she made us feel a part of each place we visited, be that at the town level or a bar level. I didn't have to think about anything other than what I wanted for dinner - 12/10 recommend

Date of experience: April 2025



eringm9

★★★★★ Reviewed 2 May 2025

Best trip ever

We've just finished the best holiday to the Philippines with the most amazing destinations and wonderful organisation. Had the best time ever and I cannot thank our tour guide Sheena enough for making the trip as perfect as it was, she was genuinely the best ever - 20/10. Cannot recommend enough!!!

Date of experience: April 2025



Rachel L

★★★★★ Reviewed 2 May 2025

Out of this world experience!

This trip was amazing! One of the best experiences I've ever had. It was full of so many different activities and everyone got on so well. I especially loved the cultural day, it was so informative and fun! I don't think this trip would've been as successful without Sheena (our tour guide). Sheena was absolutely fantastic! She made us all excited for everything, she was enthusiastic, planned really well and kept us safe and happy over 2 weeks especially with 22 people! It was honestly so great, highly recommend!! ❤️

Date of experience: May 2025

Post-Trip Chat Vibes

We believe there's no better way to get a sense of how incredible the trips are than by taking a sneak peek into the post-trip group chat messages!



From @saskf



From @jana_o4



From @lifeofrachel_x



From @danncannon



From @hfarris

Itinerary

The following
information was
provided by Gap
360



Day 1 & 2

Trip Overview

Join a small group of fellow travellers from the LGBTQ+ Backpackers Facebook Community on this 12 day loop from San José. From gorgeous beaches to emerald cloud forests abundant in tropical wildlife, Costa Rica is the definition of paradise. This trip is filled with unforgettable moments like visiting an ethical sloth sanctuary, taking a night safari and hiking through national parks. In your free time, there are loads of adventure activities available. Yet if you'd prefer to kick back, soak up the incredible scenery and embrace the "pura vida" lifestyle, who could blame you?

Day 1: Escazú, San José

Once you've landed at the airport, we'll be waiting to pick you up and transfer you to the starting accommodation just outside San José. Escazú is a trendy neighbourhood known for its pretty nature and upscale dining and shopping, so you could take some time to explore before your trip starts. This evening, we'll meet as a group for the first time and head out for a cosy welcome dinner. By the time dessert arrives you'll feel bonded and excited for all the adventures you'll have together!

Day 2: Poás Volcano, La Paz and cooking class

Today we'll trek to see Poás Volcano, one of Costa Rica's most active and beautiful volcanoes. See the turquoise crater from a variety of points along the way. Then on the drive to our next destination, we'll visit the beautiful La Paz waterfall inside a rainforest garden. Once we've arrived at our next accommodation, a sustainable lodge in the heart of a local jungle, it's time for a cooking class! Learn how to make traditional Costa Rican dishes with the help of our host family. Tonight, you can go wildlife spotting with your group.



Day 3 – 5

Day 3: Sloth Sanctuary and La Fortuna

Explore an ethical sloth sanctuary this morning, dedicated to rehabilitating these beautiful creatures and giving them the space to thrive in their natural environment. After seeing sloths hanging out in the treetops, we'll stop at a family-run coffee and chocolate farm and learn their story. Then enjoy lunch and a free afternoon in La Fortuna, where you can either unwind or join a variety of optional activities - ziplining, rope swinging and more!

Day 4: La Fortuna

Start the day doing whatever you like in La Fortuna. Go for a hike through the national park, swim inside a waterfall or sign up for more adventure sports... the choice is yours! Discover more paradise settings this afternoon as we visit a hidden gem hot springs. Soak up the gorgeous scenery, the amazing company and the thermal waters as part of this relaxed activity.

Day 5: Night safari in Monteverde

Journey to Monteverde, famed for its cloud forest which we'll be staying inside of! As the only rainforest conservation lodge inside the Monteverde cloud forest, this means we'll have the opportunity to explore the jungle trails earlier and later than any other travellers. Tonight, get ready for a night safari walk with one of the park rangers and spot a huge variety of wildlife - including snakes, sloths and toucanets. Finish the night with a cup of hot chocolate back at the lodge, before falling asleep to the jungle ambience.



Day 6 – 8

Day 6: Monteverde Cloud Forest

Volunteer with the rangers this morning by maintaining Monteverde's rainforest trails, and learn more about how the park is promoting sustainability within travel. Then this afternoon you can freely explore the park, do some wildlife-watching at a local cafe or join optional adventure sports like hanging bridges, ziplining and bungee jumping.

Day 7: Santa Teresa via ocean clean-up in Paquera

Wind down the mountain roads and drive past the Pacific Ocean as part of this scenic, mini road trip. Spend a few hours at Paquera today and help to keep this stunning bay in pristine condition with our ocean clean-up kayaking activity. Other than protecting marine life, the collected litter is revitalised by the community - so this single activity has a meaningful, multi-purpose impact. Enjoy a free evening in Santa Teresa, whether you want to swim inside the accommodation's pool or head to the beach for a sunset picnic.

Day 8: Santa Teresa free day

Choose your adventure in Santa Teresa today. Maybe you're craving a beach day on the unspoilt stretches of white sand... or maybe you want to head out onto the water and go surfing! You could finish the day feeling zen with some yoga by the sunset, followed by an optional kayaking trip to see the bright blue glow of bioluminescent plankton fish. Whatever you get up to, Santa Teresa is unforgettable!



Day 9 – 12

Day 9: Santa Teresa to Manuel Antonio

Keep your eyes peeled for marine life on our ferry ride this morning to Manuel Antonio. Our next accommodation is a jungle retreat, making it ideal for hiking rainforest trails and wildlife viewing - even while you're swimming inside the pool. There's also a local bus service just outside, so if you want to head to the nearby beach or visit some restaurants, it's easy to do so

Day 10: Manuel Antonio National Park

Immerse yourself in the Manuel Antonio National Park's breathtaking variety of landscapes. Golden beaches, biodiverse rainforests and coastal hiking trails are waiting to be explored. You can stay inside the park for as long as you like, with easy bus access taking you back to the lodge whenever you're ready.

Day 11: Manuel Antonio to Escazú

Enjoy a free morning in Manuel Antonio, exploring the hiking trails, visiting the local beach or joining an optional yoga session or mangrove forest kayaking excursion. Then we'll say goodbye and travel to our old friend Escazú for an evening of dinner, drinks and celebration. Tonight we'll toast to the memories shared and friendships made while exploring this incredible country!

Day 12: Finish in Escazú, San Jose

Our adventure around Costa Rica ends here. Travellers can depart at any time, however there is a final breakfast included. If you would like any assistance in organising a return airport transfer, your trip leader can help.

All activities, inclusions and itineraries are subject to change.





More Info

Arrival Info

This trip starts on the evening of day 1 in Escazú, on the outskirts of San José. An airport pick-up is included if you arrive on day 1.

Departure Info

This trip finishes on day 12 in Escazú. Return airport transfers are not included, however, your trip leader can help you to arrange this.

Meals

11 breakfasts, 2 lunches and 4 dinners are included in this trip. This trip is a fantastic opportunity to experience Costa Rica's incredible food scene - from unbelievably sweet fruit to delicious and filling staple dishes like casado.

Minimum age & eligibility

This trip is open to travellers between the ages of 18 to 35. British passport holders can visit Costa Rica for up to 180 days under a tourist visa waiver. You must have a valid passport with an expiration date of at least one day after your date of departure from Costa Rica. Please note you may need proof of yellow fever vaccination depending on your travel history. Always check the relevant embassy websites before travelling. Please check the FCDO and relevant embassy websites for more information.

Group Size

Min 10, Max 22

Accommodation

11 nights of accommodation are included in this trip. 4 nights of this trip are spent at hotels in twin-share rooms, and for the other 7 nights, you will be staying in multishare rooms across a variety of hostels and lodges. Accommodation is mixed-gender, though some restrooms within the accommodation and during the trip may be not be.

Below are some examples of accommodations we generally use on this trip (subject to change):

- **San Jose** - Costa Verde Inn (triple-share)
- **Sarapiquí** - La Quinta Rainforest Lodge (triple-share)
- **La Fortuna** - Pura Vibra Hostel (multi-share rooms)
- **Monteverde** - La Casona Lodge (multi-share rooms)
- **Santa Teresa** - La Posada Hostel (multi-share rooms)
- **Manuel Antonio** - Teva Jungle Hotel (twin-share)

BOOKING AVAILABLE NOW

Interested?

To secure your space you just need to pay a £49 non-refundable deposit (if you're paying via a payment plan) or £199 non-refundable deposit (if you want to pay the rest just 12 weeks before)

As this trip is operated by Gap 360, all terms and conditions are with them.

To book, please visit <https://www.lgbtqbackpackers.com/group-trips>

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